



## Play to Learn! June 1, 2022

### Edmonds Park - Outdoors!

#### Parachute Games

##### *Materials needed:*

- Parachute and balls
- Big open space to perform parachute games

##### *Directions:*

- At least two adults (PIRS workers/volunteers/parents) hold onto corners of the parachute
- Children and parents grab other corners
- Everybody begins to shake the parachute up and down
- PIRS workers/volunteers introduce songs and games with the parachute

##### *Break time from parachute games:*

- As a break from parachute games, we will play scarf action songs that encourage the children to move their bodies and the scarves. Weather permitting, we will also offer bubbles for the children.

##### *Parachute games will help your child's development in the following areas:*



#### **Physical Health & Well-Being**

- This activity encourages children to move, jump, and dance which develops gross motor skills such as balance, agility, and the coordination of arms and legs, and other large body parts and movements.
- This activity also promotes the development of fine motor skills (skills that require the use of small muscles, such as in hands or thumbs) as children have to

hold onto the parachute and help shake it

- Lastly, this activity is fun and generally puts children into a happy mood.



### **Language & Cognitive Development**

- These songs and games encourage children to practice their English by way of singing and listening to the words of the songs.
- This activity requires children to focus and pay attention to the cues of the songs (such as counting) and then act on the cues.



### **Social Competence and Emotional Maturity**

- This game requires the children to work together to help shake the parachute up and down which fosters teamwork and collaboration.
- The children learn to be patient while they wait for their turn, demonstrating emotional maturity.
- Parents and children must work together which promotes healthy parent child relationships.
- Once it is their turn, children follow the simple rules of the games in order to allow everybody to have fun at the parachute.



### **Communication Skills & General Knowledge**

- The children must listen and observe the PIRS workers/volunteers in order to understand how the games work.

- For the parachute games to work well, all children must participate by shaking the parachute at the same time thus teaching the children the importance of working together to achieve a greater good.